Ontario Familial Colon Cancer Registry

Personal History (Proxy) Questionnaire

This questionnaire asks a variety of questions relating to your relative's health, lifestyle, and exposures. Please complete each question as best you can. We understand there may be questions you will be unable to answer. If you do not know the answer to a question, please write "don't know" beside it and then continue to answer the remaining questions.

Throughout this questionnaire, the person about whom you are answering questions will be referred to as "your relative."

Should you wish to talk to someone about this questionnaire, please call (416) 946-4409 or 1-800-832-5949.

Please write in your answers where space is provided, or place tick marks What date are you filling out this questionnaire? ___/__/ day month year **Identifying Information** What is your relationship to the individual for whom you are filling out this questionnaire? 1. O spouse O relative O other _____ please specify 2. What is your age? ____ years O don't know 3. Are you male or female? O male O female The remainder of this questionnaire refers to your relative. 4. What was your relative's date of birth? day month year O don't know day O don't know month O don't know year What was your relative's marital status? 5. O currently married or living as married O separated O divorced O widowed O single or never married O don't know

Bowel Screening and Health

6.	Has your relative ever had a test for blood in his/her stool, called a smear test or a hemoccult? This test is frequently done as part of a routine physical examination, or it can be done at home.	7. Has your relative ever had a sigmoidoscopy ? Sigmoidoscopy involves looking inside the lower bowel and rectum with a lighted instrument. This examination is usually done in a doctor's office without anesthesia.	
	O yes	O yes	
	O no — Please go to #7	O no — Please go to #8	
	O don't know — Please go to #7	O don't know — Please go to #8	
6a.	When did your relative first have this test?	7a. When did your relative first have this test?	
	age when first tested	age when first tested	
	or	or	
	year of first test	year of first test	
	O don't know	O don't know	
6b.	What were the reasons for this first test? <i>Please tick all that apply.</i>	7b. What were the reasons for this first sigmoidoscopy? <i>Please tick all that apply</i> .	
	O to investigate a new problem	O to investigate a new problem	
	O family history of colorectal cancer	O family history of colorectal cancer	
	O routine/yearly examination or check-up	O routine/yearly examination or check-up	
	O follow-up of a previous problem	O follow-up of a previous problem	
	O other:	O other:	
		O don't know	
	O don't know		
6c.	How many times did your relative have a hemoccult test?	7c. How many times did your relative have a sigmoidoscopy?	
	number of hemoccult tests	number of sigmoidoscopies	
	O don't know	O don't know	
6d.	If your relative had a hemoccult test more than once, when did he/she last have this test?	7d. If your relative had a sigmoidoscopy more than once, when did he/she last have this test?	
	age when last tested	age when last tested	
	or	or	
	year of last test	year of last test	
	O don't know	O don't know	
		1	

0.	Colonoscopy is an examination of the entire large bowel using a long flexible instrument. This examination is usually done under sedation.	9.	she had polyps in their large bowel or colon or rectum? Polyps are growths in the lining of the colon which vary in size from a tiny dot to several inches.
	O yes		O yes
	O no — Please go to #9		O no — Please go to #10
	O don't know — Please go to #9		12. 35
			O don't know — Please go to #10
8a.	When did your relative first have this test?		When did a doctor first tell your relative that
	age when first tested		he/she had polyps?
	or co		age at first diagnosis
	year of first test		or
	O don't know		year of first diagnosis
8b.	What were the reasons for his/her first		O don't know
	colonoscopy? Please tick all that apply.	9b.	Was your relative told more than once that he/
	O to investigate a new problem		she had polyps?
	O family history of colorectal cancer		O yes
	O routine/yearly examination or		O no
	check-up		O don't know
	O follow-up of a previous problem	9c.	When did a doctor last tell your relative that he/she had polyps?
	O other: please specify		age at last diagnosis
	O don't know		or
	C don t know		year of last diagnosis
8c.	How many times did your relative have a colonoscopy?		O don't know
	number of colonoscopies	9d.	Do you know what kind of polyps they were?
	O don't know		Please include all the separate times your relative was told he/she had polyps. Please tick all that apply.
8d.	If your relative had a colonoscopy more than		O benign
	once, when did he/she last have this test?		O adenomatous (pre-cancerous)
	age when last tested		The second secon
	or		O hyperplastic
	year of last test		O other:
	O don't know		O don't know
			O doll t know

9e. ·	Did your relative have the polyps removed (by a procedure called a polypectomy)? (This can be done during a sigmoidoscopy or colonoscopy.) O yes O no Please go to #10 O don't know Please go to #10	11. Did a doctor ever tell your relative that he/she had Crohn's disease ? This is where there is an inflammation that extends into the deeper layers of the intestinal wall. It may also affect other parts of the digestive tract, including the mouth, esophagus, stomach, and small intestine.	
9f.	When did your relative first have polyps	O yes	
91.	removed?	O no — Please go to #12	
	age at first polypectomy	O don't know — Please go to #12	
	or	11a. When did a doctor first tell your relative that he/she had Crohn's disease?	
	year of first polypectomy		
	O don't know	age at diagnosis	
9g.	Did your relative have polyps removed more	year of diagnosis	
	than once?	O don't know	
	O yes	O don t know	
	O no	12. Did a doctor ever tell your relative that he/she had ulcerative colitis ? This is an	
	O don't know	inflammation and ulceration of the lining of	
9h.	If yes, when did he/she last have polyps removed?	the bowel (colon) and rectum. It is not a stomach ulcer.	
	age at last polypectomy	O yes	
	or	O no — Please go to #13	
	year of last polypectomy	O don't know — Please go to #13	
10. D	O don't know Did a doctor ever tell your relative that he/she had familial adenomatous polyposis, known	12a. When did a doctor first tell your relative the he/she had ulcerative colitis?	
		age at diagnosis	
	also as FAP? This is a condition, sometimes occurring in families, in which numerous polyps	or	
	line the inside of the large bowel or colon.	year of diagnosis	
	O yes	O don't know	
	O no — Please go to #11		
	O don't know — Please go to #11	13. Did a doctor ever tell your relative that he/she had irritable bowel syndrome ? This is a disorder of the bowels leading to	
10a.	When did your doctor first tell your relative that he/she had FAP?	cramping, gassiness, bloating and alternating diarrhoea and constipation. It is sometimes	
	age at diagnosis	called IBS, or spastic colon.	
	or	O yes	
	year of diagnosis	O no — Please go to #14	
	O don't know	O don't know — Please go to #14	

13a.	When did a doctor first tell your relative that he/she had irritable bowel syndrome?	15b. Did your relative have more than one surgery to remove his/her bowel or colon?		
	age at diagnosis	O yes		
	or	O no — Please go to #16		
	year of diagnosis			
	O don't know	O don't know — Please go to #16		
14.	Did a doctor ever tell your relative that he/she had diverticular disease? This may also be	15c. When did your relative last have all or part of his/her bowel or colon removed?		
	called diverticulosis or diverticulitis. It's a condition in which the bowel may become	age at last operation		
	infected, and can lead to pain and chronic	or		
	problems with bowel habits.	year of last operation		
	O yes	O don't know		
	O no — Please go to #15	16. Did your relative have his/her gallbladder		
	O don't know — Please go to #15	removed?		
14a.	When did a doctor first tell your relative that	O yes		
	he/she had diverticular disease?	O no — Please go to #17		
	age at diagnosis	O don't know — Please go to #17		
	year of diagnosis	16a. When did your relative have his/her gallbladder		
	O don't know	removed?		
15.	Did your relative ever have any of his/her large	age at operation		
	bowel or colon removed?	or		
	O yes	year of operation		
	O no — Please go to #16	O don't know		
	O don't know — Please go to #16	17. Did a doctor ever tell your relative that he/she		
	Was it completely removed, or was only part of it removed?	had diabetes, also known as diabetes mellitus? Please do not include diabetes		
	O completely removed	which she had only during pregnancy.		
	O partly removed	O yes		
	O don't know	O no — Please go to #18		
15a	When did your relative first have any of his/her	O don't know — Please go to #18		
	bowel or colon removed?	17a. When did a doctor first tell your relative that		
	age at first operation	he/she had diabetes?		
	or	age at diagnosis		
	year of first operation	or		
	O don't know	year of diagnosis		
		O don't know		

	Did your relative ever tak control his/her diabetes? O yes O no — Please O don't know — What type of medication dipills or insulin injections? O pills	e go to #1 - Please §	8 go to #18	18. 18a.	Did a doctor ever tell your relative that he/she had high cholesterol? If a doctor told him/her it was borderline, please tick no. O yes O no Please go to #19 O don't know Please go to #19 When did a doctor first tell your relative that he/she had high cholesterol?
	O insulin injections				age at diagnosis or
	O both				year of diagnosis
		Dlagga	co to #19		O don't know
17d.	O don't know How often did he/she usual Please choose the most ap category.	ly take it?		18b.	Did your relative ever take medication to control his/her high cholesterol? O yes
		Pills	Insulin		O no — Please go to #19
	times per day or				O don't know — Please go to #19
	times per week or	-	-	18c.	How often did your relative usually take it? <i>Please choose the most appropriate category.</i>
	times per month or				times per day or
	times per year				times per week or
	don't know	0	0		times per month or
17e.	About one year before ye	our relati	ve's		times per year
	recent cancer diagnosis,				O don't know
		Pills	Insulin	18d.	About one year before your relative's recent
	yes	0	0		cancer diagnosis, was he/she taking it?
	no	0	0		O yes
	don't know	0	0		O no
17f.	How long, in total, did your relative take this			O don't know	
77.1	medication?	Pills	Insulin	18e.	How long, in total, did your relative take this medication?
	number of months or	1 1113	msum		number of months or
	number of years				number of years
	don't know	0	0		O don't know

19.	he/she had high levels of fat (other than cholesterol) in their blood, also called high triglycerides? If a doctor told your relative	20. Did a doctor ever tell your relative that he/she had any type of cancer? O yes
	it was borderline, please tick no.	O no — Please go to #24
	O yes	O don't know — Please go to #24
	O no — Please go to #20	20a. What type of cancer was it?
	O don't know — Please go to #20	cancer
19a.	When did a doctor first tell your relative that he/she had high triglycerides?	20b. When did a doctor first tell your relative that he/she had this type of cancer?
	age at diagnosis	age at diagnosis
	or	or
	year of diagnosis	year of diagnosis
	O don't know	O don't know
19b.	Did he/she ever take medication to control the high levels of fat in his/her blood?	20c. Was your relative treated with radiation therapy (radiotherapy) for this cancer?
	O yes	O yes
	O no — Please go to #20	O no
	O don't know — Please go to #20	O don't know
19c.	How often did he/she usually take it? Please choose the most appropriate category.	21. Did a doctor ever tell your relative that he/she had any other cancer ?
	times per day or	O yes
	times per week or	O no — Please go to #24
	times per week or times per month or	O don't know — Please go to #24
	times per year	21a. What type of cancer was it?
	O don't know	cancer
19d.	About one year before your relative's recent cancer diagnosis, was he/she taking it?	21b. When did a doctor first tell your relative that he/she had this type of cancer?
	O yes	age at diagnosis
	O no	or
	O don't know	year of diagnosis
	o don tknow	O don't know
19e.	How long, in total, did he/she take this medication?	21c. Was your relative treated with radiation therapy (radiotherapy) for this cancer?
	number of months or	O yes
	number of years	O no
	O don't know	O don't know

22.	had any other cancer?	Medications
	O yes O no — Please go to #24 O don't know — Please go to #24	Did your relative ever take any of the following medications regularly (at least twice a week for more than a month)?
22a.	What type of cancer was it? cancer	24. Aspirin (such as Anacin, Bufferin, Bayer, Excedrin, Ecotrin)
22b.	When did a doctor first tell your relative that he/she had this type of cancer? age at diagnosis	O yes O no — Please go to #25 O don't know — Please go to #25
	year of diagnosis	
22c.	O don't know Was your relative treated with radiation therapy (radiotherapy) for this cancer?	24a. How often did your relative usually take it when he/she was taking it regularly (that is, at least twice a week for more than a month)? Please choose one of the following.
	O yes O no	times per day or
	O don't know	times per week
23.	Did a doctor ever tell your relative that he/she had any other cancer?	O don't know
	O yes O no — Please go to #24 O don't know — Please go to #24	24b. About one year before your relative's recent cancer diagnosis, was he/she taking it regularly?
23a.	What type of cancer was it?	O yes
	cancer	O no
23b.	When did a doctor first tell your relative that he/she had this type of cancer?	O don't know
	age at diagnosis or year of diagnosis O don't know	24c. How long, in total, did your relative take this medication regularly? If he/she started and stopped and then started again, please count only the time he/she was taking this
23c.	Was your relative treated with radiation therapy (radiotherapy) for this cancer?	medication.
	O yes	number of months or
	O no	number of years
	O don't know	O don't know

25.	Acetaminophen (such as Tylenol, Anacin-3, Panadol) O yes		Ibuprofen-based medications (such as Advil, Motrin, Nuprin, Medipren, Indocid, Naprosyn, NSAIDS (NSAIDS are	
	O no — Please go to #26		non-steroidal anti-inflammatory drugs)	
			O yes	
	O don't know — Please go to #26		O no — Please go to #27	
			O don't know — Please go to #27	
25a.	How often did your relative usually take it when he/she was taking it regularly (that is, at least twice a week for more than a month)? Please choose one of the following. times per day or times per week O don't know	26a.	How often did your relative usually take it when he/she was taking it regularly (that is, at least twice a week for more than a month)? Please choose one of the following. times per day or times per week O don't know	
25b.	About one year before your relative's recent cancer diagnosis, was he/she taking it regularly? O yes O no O don't know	26b.	About one year before your relative's recent cancer diagnosis, was he/she taking it regularly? O yes O no O don't know	
25c.	How long, in total, did your relative take this medication regularly? If he/she started and stopped and then started again, please count only the time he/she was taking this medication. number of months or number of years	26c.	How long, in total, did your relative take this medication regularly? If he/she started and stopped and then started again, please count only the time he/she was taking this medication. number of months or number of years	
	O don't know		O don't know	

27.	Bulk-forming laxatives (such as Metamucil, Citrucel, FiberCon, Serutan, psyllium) O yes O no — Please go to #28 O don't know — Please go to #28	28. Other laxatives (such as Ex-Lax, Correctol, Dulcolax, Senokot, Colace, castor oil, cod liver oil, mineral oil, milk of magnesia, lactulose, Epsom salts) O yes O no — Please go to #29 O don't know — Please go to #29
27a.	How often did your relative usually take it when he/she was taking it regularly (that is, at least twice a week for more than a month)? Please choose one of the following. times per day or times per week O don't know	28a. How often did your relative usually take it when he/she was taking it regularly (that is, at least twice a week for more than a month)? Please choose one of the following. times per day or times per week O don't know
27b.	About one year before your relative's recent cancer diagnosis, was he/she taking it regularly? O yes O no O don't know	28b. About one year before your relative's recent cancer diagnosis, was he/she taking it regularly? O yes O no O don't know
27c.	How long, in total, did your relative take this medication regularly? If he/she started and stopped and then started again, please count only the time he/she was taking this medication.	28c. How long, in total, did your relative take this medication regularly? If he/she started and stopped and then started again, please count only the time he/she was taking this medication.

29. Multivitamin supplements (such as One-A-Day, Theragram, Centrum, Unicap) (not individual vitamins)	30. Folic acid or folate pills or tablets O yes
O yes O no — Please go to #30 O don't know — Please go to #30	O no — Please go to #31 O don't know — Please go to #31
29a. How often did your relative usually take it when he/she was taking it regularly (that is, at least twice a week for more than a month)? Please choose one of the following. times per day or times per week O don't know	30a. How often did your relative usually take it when he/she was taking it regularly (that is, at least twice a week for more than a month)? Please choose one of the following. times per day ortimes per week O don't know
 29b. About one year before your relative's recent cancer diagnosis, was he/she taking it regularly? O yes O no O don't know 	30b. About one year before your relative's recent cancer diagnosis, was he/she taking it regularly? O yes O no O don't know
 29c. How long, in total, did your relative take this medication regularly? If he/she started and stopped and then started again, please count only the time he/she was taking this medication. number of months or number of years O don't know 	30c. How long, in total, did your relative take this medication regularly? If he/she started and stopped and then started again, please count only the time he/she was taking this medication. ———————————————————————————————————

31.	Calcium pills or tablets O yes	32.	Calcium-based antacids (such as Tums, Rolaids, Extra-strength Rolaids, Alka-Mints, Chooz Antacid gum)
	O no — Please go to #32		O yes
	O don't know — Please go to #32		O no If your relative is female, please go to #33 If your relative is male, please go to #44
31a.	How often did your relative usually take it when he/she was taking it regularly (that is, at least twice a week for more than a month)? <i>Please choose one of the following</i> .		O don't know If your relative is female, please go to #33 If your relative is male, please go to #44
	times per day or	32a.	How often did your relative usually take it
	times per week		when he/she was taking it regularly (that is,
	O don't know		at least twice a week for more than a month)? Please choose one of the following.
			times per day or
31h	About one year before your relative's		times per week
510.	recent cancer diagnosis, was he/she taking it		O don't know
	regularly? O yes	32b.	About one year before your relative's recent cancer diagnosis, was he/she taking it regularly?
	O no		O yes
	27 (1927)		O no
	O don't know		O don't know
31c.	How long, in total, did your relative take this medication regularly? If he/she started and stopped and then started again, please count only the time he/she was taking this	32c.	How long, in total, did your relative take this medication regularly? If he/she started and stopped and then started again, please count only the time he/she was taking this medication.
	medication.		number of months or
	number of months <i>or</i>		number of years
	number of years		O don't know
	O don't know	If	your relative was male: please go to #44
		Ifv	our relative was female; please continue with #33

Menstruation, Pregnancy, and Menopause

33. How old was your relationships first menstrual period		34c. How many of her pregnancies resulted in live births?
years of a	ge	O all of them
O don't know		number of pregnancies with live-born children
O never had a men	nstrual period	O don't know
34. Was your relative ever p	pregnant?	34d. How old was she at the first live
O yes		birth?
O no — Pl	ease go to #35	age at first birth or
O don't know _	Please go to #35	year of first birth
How many times ha	as she been	O don't know
pregnant? Please is stillbirths, tubal pr	include miscarriages,	34e. How old was she at the last live birth?
abortions.	egnancies una	age at last birth or
numbe	er of pregnancies	year of last birth
O don't know		O don't know
34a. How many times was sl than one baby (twins, to	ne pregnant with more riplets or more)? If she is	35. Did your relative ever use birth control pills or other hormonal contraceptives (implants or injections) for at least one year?
pregnant now, please	do not include her	☐ O yes
current pregnancy.		O no — Please go to #36
O never		O don't know — Please go to #36
with more than one		How old was she when she first used any of these hormonal contraceptives?
O don't know		age at first use or
24h Howman of hamman		year of first use
34b. How many of her pregn months or longer? (Preg		O don't know
months. Six months is a could survive.)		35a. Was she still using hormonal contraceptives
O all of them	3-	about one year before her recent cancer diagnosis?
	number of pregnancies lasting	O yes
6 months or longer		O no
O don't know		O don't know

35b.	In total, how long did she take these hormonal contraceptives? If she started and stopped and then started again, please count	Please complete the next few questions which ask about surgeries your relative may have had. Please answer all questions.		
	only the time she was taking these contraceptives.	39. Hysterectomy (only the uterus or womb removed)		
	number of years	O yes		
	O don't know	O no		
36.	Was your relative still menstruating about one	O don't know		
	year before her recent cancer diagnosis?	→age when removed or		
	Please include only menstrual bleeding, not bleeding that results from hormone	year when removed		
	replacement therapy (HRT) or progesterones,	O don't know		
	progestins or withdrawal bleeding. O yes — Please go to #42	39a. Hysterectomy with one ovary or part of an ovary removed		
	O no	O yes		
	O don't know — Please go to #42	O no		
	Has her periods stopped permanently	O don't know		
	or only temporarily due to pregnancy, breast-feeding, or other conditions?	→age when removed or		
	O permanently	year when removed		
	O temporarily — Please go to #42	O don't know		
	temporarity — I reuse go to #42	39b. Hysterectomy with both ovaries removed		
37.	How old was she when her periods stopped permanently?	O yes		
	age they stopped or	O don't know		
	year they stopped	→age when removed or		
	O don't know	year when removed		
		O don't know		
38.	Why did her menstrual periods stop permanently? <i>Please tick all that apply</i> .	39c. One ovary removed, completely or partly, without hysterectomy		
	O natural menopause	□ O yes		
	O surgery	O no		
	O radiation or chemotherapy	O don't know		
	O other reason Please specify:	→ age when removed or year when removed		
		O don't know		
	O don't know			

37u.	O yes O no O don't know age when removed or year when removed or O don't know	periods when she first took these hormones? O yes O no O don't know
40.	If your relative had radiation or chemotherapy, when did she first have it? O had radiation or chemotherapy age when this was given or year when this was given O don't know O never had radiation or chemotherapy	42b. Was she prescribed either an estrogen-only pill or patch (such as Premarin) for hormone replacement therapy? O yes O no O don't know
41.	If your relative's periods stopped permanently for any reason other than surgery, radiation or chemotherapy, when did this occur? O other reason Please specify: age when occurred or year when occurred or O don't know O not applicable	How old was she when she first took estrogen-only medication? age when first taken or year when first taken or O don't know 42c. Was she still using estrogen-only medication for hormone replacement therapy about one year before her recent cancer diagnosis?
42.	Doctors prescribe hormone replacement therapy for many reasons, including menopausal symptoms, surgical removal of the ovaries, osteoporosis, and heart disease prevention. (Menopausal symptoms include hot flashes, sweating, and depression.) Did your relative ever take hormone replacement therapy prescribed by a doctor and in the form of a pill or a patch? Please do not include hormone therapy that was prescribed for birth control, infertility, hormone therapy delivered by injections, vagina creams or vaginal suppositories, or herbal or soy products. O yes O no — Please go to #43	O yes O no O don't know 42d. In total, how long did she take estrogen-only medication for hormone replacement therapy? If she started and stopped and then started again, please count only the time she was taking this medication. — number of months or — number of years O don't know
	O don't know — Please go to #43	

42e. Progesterone or progestin is frequently prescribed by doctors together with estrogen for hormone replacement therapy. One	43. Did your relative ever take tamoxifen, raloxifene or other anti-estrogen medication (such as Lupron or Depo-Provera)?			
common brand name is Provera. Another one	O yes			
is Prometrium. Did your relative ever take	O no — Please go to #44			
progesterone or progestin together with estrogens for hormone replacement therapy?	possibly - she has participated in a clinical trial for tamoxifen or other anti-estrogen medication			
O yes				
O no — Please go to #43	O don't know — Please go to #44			
O don't know — Please go to #43	What anti-estrogen medication did she take? Please tick all that apply.			
How old was she when she first	O tamoxifen			
took progesterone or progestin together with estrogens?	O raloxifene			
together with estrogens:	O other:			
age when first taken or	please specify			
year when first taken	43a. How old was she when she first			
O don't know	took tamoxifen, raloxifene or other anti-estrogen medication?			
	age when first taken or			
42f. Was she still using progesterone or progestin	year when first taken			
medication about one year before her recent	O don't know			
cancer diagnosis?	42h Was also still taking tamanifus salanifus as			
O yes	43b. Was she still taking tamoxifen, raloxifene or other anti-estrogen medication about one year			
O no	before her recent cancer diagnosis?			
O don't know	O yes			
	O no			
9	O don't know			
42g. In total, how long did she take progesterone or progestin together with estrogens? If she started and stopped and then started again, please count only the time she was taking this medication.	43c. In total, how long did she take tamoxifen, raloxifene or other anti-estrogen medication? If she started and stopped and then started again, please count only the time she was taking this medication.			
	number of months or			
number of years	number of years			
O don't know	O don't know			

Diet

44.	About one year before your relative's recent cancer diagnosis, on average, how often did your relative eat a piece or serving of fruit?
	(A serving of fruit is: 1 medium-sized fresh fruit; 1/2 cup of chopped, cooked or canned fruit; 1/4 cup of dried fruit; 6 ounces of fruit juice (50%-100% pure juice).) Please choose one of the following.
	servings per day or
	servings per week or
	servings per month
	O don't know
45.	About one year before your relative's recent cancer diagnosis, on average, how often did your relative eat a serving of vegetables? Please include green salads, beans, lentils, etc., and potatoes (not packaged potato chips).
	(A serving of vegetables is: 1 cup raw leafy vegetables; 1/2 cup of other vegetables, cooked or chopped raw; 6 ounces of vegetable juice.) Please choose one of the following. servings per day or
	servings per week or
	servings per month
	O don't know
46.	About one year before your relative's recent cancer diagnosis, on average, how often did your relative eat a serving of red meat (not chicken or fish)?
	(A serving of red meat is: 2-3 ounces of red meat (a piece of meat about the size of a deck of cards). Red meats include: beef, steak, hamburger, prime rib, ribs, beef hot dogs, beef-based processed meat, veal, pork, bacon, pork sausage, ham, lamb, venison.) Please choose one of the following. servings per day or
	servings per week or
	servings per month
	O didn't eat red meat — Please go to #47
	O don't know
46a	About one year before your relative's recent cancer diagnosis, on average, how often did your relative eat a serving of red meat that was cooked by broiling, grilling, barbecueing or pan-frying (not stir-fried or deep-fried)? Please choose one of the following. servings per day or
	servings per week or
	servings per month
	O didn't eat meat that was cooked by these methods —— Please go to #47
	O don't know

46b.	b. On average, when your relative ate red meat cooked by these methods, which of the following best describes its appearance?						
	W	hat was its outside appearance?		hat was its inside appearance ow well done it was)?			
	0	lightly browned	0	red (rare)			
	0	medium browned	0	pink (medium)			
	0	heavily browned or blackened	0	brown (well-done)			
	0	don't know	0	don't know			
47.	About relative	one year before your relative's recent of eat a serving of chicken? Please do not	cano incl	cer diagnosis, on average, how often did your ude turkey or any other bird.			
	(A servi	ing of chicken is: 2-3 ounces of chicken mos; 3 nuggets.) Please choose one of the fo	eat; lloи	1 drumstick; 1 thigh; half a breast; ving.			
	,	servings per day or					
		servings per week or					
	/s	servings per month					
	0	didn't eat chicken — Please go t	o #4	48			
	0	don't know					
47a.	relative	one year before your relative's recent e eat a serving of chicken that was cooked r deep-fried)? Please choose one of the fo	by b	cer diagnosis, on average, how often did your roiling, grilling, barbecueing or pan-frying (not stirwing.			
		servings per day or					
		servings per week or					
	_	servings per month					
	0	didn't eat chicken that was cooked by th	ese	methods — Please go to #48			
	0	don't know					
47b.	On ave describ	rage, when your relative ate chicken cook bes its appearance?	ed b	y these methods, which of the following best			
	Wł	nat was its outside appearance?					
	0	lightly browned					
	0	medium browned					
	0	heavily browned or blackened					
	0	don't know					

Physical Activity

This question is about the physical activities your relative participated in his/her 20s.

48. In your relative's 20s, did he/she participate regularly in physical activity for a total of at least 30 minutes a week? Please describe his/her activities below.

				For how many years?	During those years, for how many months per year?	During those months, on average, for how many minutes or hours per week	
Walking		yes . no	-	years	months	minutes per week hours per week	or
Jogging (running slower than a mile in 10 minutes)	_	yes . no	-	years	months	minutes per week hours per week	or
Running (running faster than a mile in 10 minutes)		yes . no	-	years	months	minutes per week hours per week	or
Bicycling (including using an exercise bicycle)	-	yes . no	-	years	months	minutes per week hours per week	or
Swimming laps		yes . no	-	years	months	minutes per week hours per week	or
Tennis, squash racquetball	_	yes . no	-	years	months	minutes per week hours per week	or
Calisthenics, aerobics, vigorous dance (including ballet),	0	yes . no	-	years	months	minutes per week hours per week	or
using a rowing machine, lifting weights							J.
Football, soccer rugby, basketball		-	-	years	months	minutes per week hours per week	or
Heavy household work (examples: using a non-power mower, shoveling, moving heavy load scrubbing floors)	0	yes . no	-	years	months	minutes per week hours per week	or

In your relative's 20s, did he/she do any other strenuous activities? Strenuous activity means something that really increased your heart rate, made you hot, and caused you to sweat. Some examples are: skiing, skating, hockey, hunting, sledding or tobogganing, water-skiing.

Activity please specify	For how many years?	During those years, for how many months per year?	During those months, on average, for how many minutes or hours per week?	,
	years	months	minutes per week or hours per week	in the second se
	years	months	minutes per week or hours per week	n
_	years	months	minutes per week or hours per week	a
→	years years	months	minutes per week or hours per week	
—	years	months	minutes per week or hours per week	
	years	months	minutes per week or hours per week	
			pation? (We mean what he/she do	
O don't know			occupation	
If your relative is younge Otherwise, please continu		go to the next section (A	lcohol Consumption) on page 2.	5.

Now, please think back to your relative's 30s and 40s.

50. In your relative's 30 and 40s, did he/she participate regularly in physical activity for a total of at least 30 minutes a week? Please describe his/her activities below.

				For how many years?	During those years, for how many months per year?	During those months, on average, for how many minutes or hours per week	
Walking		yes no	→	years	months	minutes per week hours per week	or
Jogging (running slower than a mile in 10 minutes)		yes no	-	years	months	minutes per week hours per week	or
Running (running faster than a mile in 10 minutes)		yes no	-	years	months	minutes per week hours per week	or
Bicycling (including using an exercise bicycle)		yes no	-	years	months	minutes per week hours per week	or
Swimming laps	-	yes no	-	years	months	minutes per week hours per week	or
Tennis, squash racquetball		yes no	-	years	months	minutes per week hours per week	or
Calisthenics, aerobics, vigorous dance (including ballet), using a rowing machine, lifting weights	00	yes no	-	years	months	minutes per week hours per week	or
Football, soccer rugby, basketball			-	years	months	minutes per week hours per week	or
Heavy household work (examples: using a non-power mower, shoveling, moving heavy load scrubbing floors)	0	yes no		years	months	minutes per week hours per week	OY

In your relative's 30s and 40s, did he/she do any other strenuous activities? Strenuous activity means something that really increased your heart rate, made you hot, and caused you to sweat. Some examples are: skiing, skating, hockey, hunting, sledding or tobogganing, water-skiing.

Activity please specify		For how many years?	During those years, for how many months per year?	During those months, on average, for how many minutes or hours per week?
	_	years	months	minutes per week or hours per week
	-	years	months	minutes per week or hours per week
	>	years	months	minutes per week or hours per week
· ,	-	years	months	minutes per week or hours per week
	-	years	months	minutes per week or hours per week
	-	years	months	minutes per week or hours per week
51. When your related he/she did for the housewife or be	ne longest ti	me, including any	s, what was his/her usu paid or unpaid employ	al occupation? (We mean what ment, such as being a student or
				occupation
O don't k				
If your relative is y Otherwise, please	ounger than continue wi	n age 51, please go th #52.	o to the next section (Al	cohol Consumption) on page 25.

Now, please think back to since your relative turned 50.

52. Since your relative turned 50, did he/she participate regularly in physical activity for a total of at least 30 minutes a week? Please describe his/her activities below.

				For how many years?	for how many	During those months, on average, for how many minutes or hours per week?	
Walking		yes . no	_	years	months	minutes per week of hours per week	r
Jogging (running slower than a mile in 10 minutes)	0	yes . no	-	years	months	minutes per week of hours per week	r
Running (running faster than a mile in 10 minutes)	00	yes . no	-	years	months	minutes per week of hours per week	r
Bicycling (including using an exercise bicycle)	-	yes no	-	years	months	minutes per week o hours per week	r
Swimming laps	-	yes no	-	years	months	minutes per week o hours per week	r
Tennis, squash racquetball		yes no	-	years	months	minutes per week o hours per week	r
Calisthenics, aerobics, vigorous dance (including ballet), using a rowing machine, lifting weights	00	yes no	-	years	months	minutes per week o hours per week	r
Football, soccer rugby, basketball			->	years	months	minutes per week o hours per week	r
Heavy household work (examples: using a non-power mower, shoveling, moving heavy load scrubbing floors)	0	yes no	->	years	months	minutes per week o hours per week	r

Since your relative turned 50, did he/she do any other strenuous activities? Strenuous activity means something that really increased their heart rate, made them hot, and caused them to sweat. Some examples are: skiing, skating, hockey, hunting, sledding or tobogganing, water-skiing.

Activity please specify	For how many years?	During those years, for how many months per year?	During those months, on average, for how many minutes or hours per week?
-	years	months	minutes per week or hours per week
	years	months	minutes per week or
			hours per week
-	years	months	minutes per week or hours per week
	years	months	minutes per week or hours per week
	years	months	minutes per week or hours per week
-	years	months	minutes per week or hours per week
53. Since your relative turn longest time, including a being unemployed.)	ny paid or unpaid er	s/her usual occupation? nployment, such as bein	(We mean what he/she did for the ng a student or housewife or
			occupation
O don't know			
•			

Alcohol Consumption

We would like you to think back to when your relative was in his/her 20s.

54. **In his/her 20s**, did your relative ever consume any alcoholic beverages at least **once a week for 6 months or longer**? *Please describe their consumption below*.

			For how many years?	During those years, how much did he/she typically consume?
Beer, hard cider (at least 3% alcohol)	0 0 0	no	years consumed	number of 12 ounce cans or bottles O per day O per week O don't know
Wine	0 0 0	yes no don't know	years consumed	 number of 4 ounce glasses of wine per day per week don't know
Sake, sherry, port		yesno don't know	years consumed	number of 1 ounce servings O per day O per week O don't know
Spirits, liquor mixed drinks, brandy, liqueurs	0		years consumed	number of 1 ounce shots liquor or spirits o per day per week don't know
55. When you alcoholic	r re bev	lative was in his/h erage (of any typ	her 20s, how many years in to pe) a week?	otal did he/she consume at least one
		years consum	ned	
C) r	never consumed a	lcohol	
is, how ma	any	4 ounce glasses o ke, sherry, port, or	of wine or 12 ounce cans or bor spirits, mixed drinks and co	ne consume during those years? That ottles of beer or hard cider, or 1 ounce cktails.
_			coholic beverages a week	
Tf		never consumed a		(0 1:)
		younger than age continue with #5	e 31, please go to the next sec 57.	tion (Smoking) on page 28.

Now, please think back to when your relative was in his/her 30s and 40s.

57. In his/her 30s and 40s, did your relative ever consume any alcoholic beverages at least once a week for 6 months or longer? Please describe their consumption below.

			many years?		he/she typically consume?
Beer, hard cider (at least 3% alcohol)	0	yes no don't know	years consumed	0	number of 12 ounce cans or bottles per day per week don't know
Wine		yes no don't know	years consumed	0	number of 4 ounce glasses of wine per day per week don't know
Sake, sherry, port		no	years consumed	0	number of 1 ounce servings per day per week don't know
Spirits, liquor mixed drinks, brandy, liqueurs	0	yes ——— no don't know	years consumed	0	number of 1 ounce shots liquor or spirits per day per week don't know
58. When you least one:	r re	lative was in his/l bholic beverage (her 30s and 40s, how many your of any type) a week?	ears	in total did he/she consume at
_		years consum	ned		
C) r	never consumed a	lcohol		
is, how ma	any	4 ounce glasses of	ic beverages a week did he/sl of wine or 12 ounce cans or b or spirits, mixed drinks and co	ottle	onsume during those years? That s of beer or hard cider, or 1 ounce ils.
_		number of alc	coholic beverages a week		
C	r	never consumed a	lcohol		
		younger than age	e 51, please go to the next sec	tion	(Smoking) on page 28.

Now, please think back to since your relative turned 50.

60. Since your relative turned 50, did he/she ever consume any alcoholic beverages at least once a week for 6 m onths or longer? Please describe their consumption below.

		For how many years?	During those years, how much did he/she typically consume?			
Beer, hard cider (at least 3% alcohol)	O no	years consumed	number of 12 ounce cans or bottles O per day O per week O don't know			
Wine	O yes — — — — — — — — — — — — — — — — — — —	years consumed	number of 4 ounce glasses of wine o per day o per week o don't know			
Sake, sherry, port	O yes — — — — — — — — — — — — — — — — — — —	years consumed	number of 1 ounce servings O per day O per week O don't know			
Spirits, liquor mixed drinks, brandy, liqueurs	O yes — — — — — — — — — — — — — — — — — — —	years consumed	number of 1 ounce shots liquor or spirits o per day per week don't know			
	ar relative turned 50, how (of any type) a week?	w many years in total did l	ne/she consume at least one alcoholic			
-	years consumed	d				
(O never consumed alc	ohol				
is, how m	On average, how many alcoholic beverages a week did he/she consume during those years? That is, how many 4 ounce glasses of wine or 12 ounce cans or bottles of beer or hard cider, or 1 ounce servings of sake, sherry, port, or spirits, mixed drinks and cocktails.					
	number of alcol	holic beverages a week				
(O never consumed alc	ohol				

Smoking

Smoking			Did your relative ever smoke at least one cigar a month for at least 3 months?			
63.	Did your relative ever smoke at least one		O yes			
	cigarette a day for 3 months or longer?		O no Please go to #65			
	O yes		O don't know — Please go to #65			
	O no — Please go to #64	640	When did ha/she first start amaline at least			
	O don't know — Please go to #64	04a.	When did he/she first start smoking at least one cigar a month?			
63a.	When did he/she first start smoking at least one cigarette a day?		age at first useor			
	age at first use or		year of first use			
	year of first use	-	O don't know			
	O don't know	64b.	During periods when he/she smoked regularly, how many cigars did he/she typically smoke in a			
63b.	During periods when he/she smoked regularly,		month?			
	how many cigarettes did he/she typically smoke in a day?		cigars per month			
	cigarettes per day		O don't know			
	O don't know	64c.	About one year before your relative's			
63c.	About one year before your relative's		recent cancer diagnosis, was he/she still smoking at least one cigar a month?			
	recent cancer diagnosis, was your relative still smoking at least one cigarette a day?		O yes			
	O yes		O no			
	O no		O don't know			
	O don't know	64d.	When did he/she smoking at least one cigar a month (we mean stop smoking permanently)?			
63d.	When did he/she stop smoking at least one		age at last use or			
	cigarette a day (we mean stop smoking permanently)?		year of last use			
	age at last use or					
	year of last use		O don't know			
		64e	How many years, in total, did he/she smoke at			
	O don't know	040.	least one cigar a month for 3 months or longer? (If he/she has stopped and restarted at least			
63e.	How many years, in total, did he/she smoke at least one cigarette a day for 3 months or longer?		once, count only the time when he/she was smoking.)			
	(If he/she has stopped and restarted at least once, count only the time when he/she was		total number of years			
	smoking.)		O don't know			
	total number of years					
	O don't know					

65. Did your relative ever smoke at least one pipe a month for at least 3 months?	Height and Weight			
O yes O no — Please go to #66 O don't know — Please go to #6 65a. When did he/she first start smoking at least one pipe a month? age at first use or	66. About how tall was your relative, without his/her shoes on? feet inches or centimetres O don't know			
year of first use O don't know 65b. During periods when he/she smoked regularly, how many pipes did he/she typically smoke in a month? pipes per month	67. How much did your relative weigh about one year before his/her recent cancer diagnosis? ——————————————————————————————————			
O don't know 65c. About one year before your relative's recent cancer diagnosis, was he/she still smoking at least one pipe a month? O yes O no O don't know 65d. When did he/she stop smoking at least one pipe a month (we mean stop smoking permanently)?	O don't know 68. How much did your relative weigh when he/she was about 20 years old? ———————————————————————————————————			
age at last use or year of last use or O don't know 65e. How many years, in total, did your relative smoke at least one pipe a month for 3 months or longer? (If he/she stopped and restarted at least once, count only the time when he/she was smoking.) total number of years O don't know	Additional Information 69. Previous to this study, have you and your relatives ever taken part in any family health studies? O yes O no O don't know			

Background Information

69.	What was the highest level of education that your relative completed?								
	O less than 8 year	0	some college or university						
	O 8 to 11 years			0	bachelor's	degree			
	O high school gra	0	graduate degree						
	O vocational or te	chnical school	ol	0	don't knov	v			
70.	Country of birth sometimes affects disease risk. Please fill in country of birth for your relative, his/her parents and his/her grandparents.								
	In addition, scientists have found that some genetic traits are more common or less common among Jewish people of different ethnic backgrounds. Please answer the questions about Jewish descent for each person.								
		Country of birth	Is this person of Jewish descent?		shkenazi it European)	Sephardic	other	don't know	
	Your relative		O yes O no O don't kno)W	0	0	0	0	
	His/her mother		O yes — O no O don't kno		0	0	0	0	
	His/her father		O yes — O no O don't kno		0 ,	0	0	0	
	His/her mother's mother		O yes — O no O don't kno)W	0	0	0	0	
	His/her mother's father		O yes — O no O don't kno		0	0	0	0 ;	
	His/her father's mother		O yes — O no O don't kno		0	0	0	0	
	His/her father's father		O yes — O no O don't kno		0	0	0	0	

	O don't know							
72.	Ethnicity and race sometimes affect disease risk. Scientists have found that some genetic traits are more common or less common among people of different backgrounds. We would like to know if this is true for genes associated with colorectal cancer.							
	Please fill in the background for your relative, his/her parents and his/her grandparents. Please tick all that apply.							
		Your relative	His/her mother	His/her father	His/her mother's mother	His/her mother's father	His/her father's mother	His/her father's father
	Black, from Africa	0	0	0	0	0	0	0
	Black, from the Caribbean (e.g Trinidad, Jamaica, Haiti)	n O	0	0	0	0	0	0
	Black, from North Americ	ca O	0	0	0	0	0	0
	Black, other	0	0	0	0	0	0	0
	White	0	0	0	0	0	0	0
	First Nations (e.g. Indian, Inuit)	0	0	0	0	0	0	0
	North African (e.g. Egyptian)	0	0	0	0	0	0	0
	Middle Eastern (e.g. Iranian)	0	0	0	0	0	0	0
	Filipino	0	0	0	0	0	0	0
	Japanese	0	0	0	0	0	0	0
	Korean	0	0	0	0	- O	0	0
	Chinese	0	0	0	0	0	0	0
	Other South East Asian (e.g. Vietnamese)	0	0	0	0	0	0	0
	South Asian (e.g. East Indian, Pakistani)	0	0	0	0	0	0	0
	other: please specify					180		-
	don't know	0	0	0	0	0	0	0

71. How many years did your relative live in Canada?

O all his/her life

___number of years

73.	Which of the following categories best describes your relative's total	annual household income
	about one year before his/her recent cancer diagnosis?	

- O no income
- O less than \$6,000
- O \$6,000 \$11,999
- O \$12,000 \$19,999
- O \$20,000 \$29,999
- O \$30,000 \$39,999

- O \$40,000 \$49,999
- O \$50,000 \$59,999
- O \$60,000 \$69,999
- O \$70,000 \$79,999
- O \$80,000 or more
- O don't know

Thank you very much for taking the time to fill out this questionnaire. We appreciate your participation.

Please mail this completed questionnaire in the return envelope provided.